

## Training Plans • 5K Intermediate

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Week 1 Week 2 Week 3 Week 4 Week 5 Week 6 Week 7 Week 8 Week 9 Week 10 Week 11



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8 miles: Slow easy distance day.	5 miles: Relaxed run.	6 miles: Relaxed run.	5 miles: Relaxed run.	Rest.	5 miles: Relaxed run.	Workout: 3x 5 min. tempo with 1 min. recovery between each.  Be sure to warm-up and cool down before and after speed sessions.

Notes:

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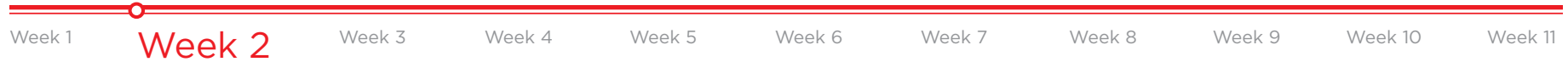
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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8 miles: Slow easy distance day.	5 miles: Relaxed run. 6x 100M strides.	6 miles: Relaxed run.	5 miles: Relaxed run.	6 miles: Relaxed run.	Rest.	Workout: 15 minutes continuous tempo, plus warm-up and cool down.

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Week 3



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
9 miles: Slow easy distance day.	5 miles: Relaxed run. 6x 100M strides.	6 miles: Relaxed run. 5x 1 min. pick ups with 2 minute recovery pace between each.	7 miles: Relaxed run.	5 miles: Relaxed run.	Rest.	Workout: 4x 5 min. tempo pace with 1 minute recovery plus warm-up and cool down.

Notes:

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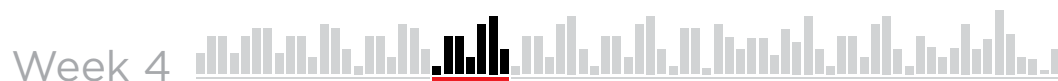
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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
9 miles: Slow easy distance day.	5 miles: Relaxed run. 6x 100M strides.	7 miles: Relaxed run. 5x 1 min. pick ups with 2 minute recovery pace between each.	7 miles: Relaxed run.	5 miles: Relaxed run.	Rest.	Workout: 20 minutes continuous tempo.

Notes:

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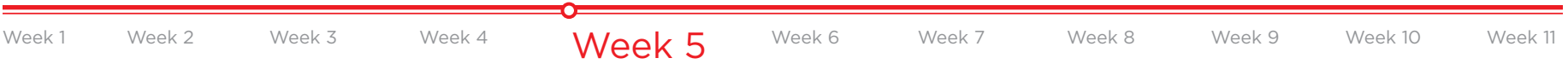
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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles: Slow easy distance day.	5 miles: Relaxed run. 5x 100M strides.	6 miles: Relaxed run. 6x 90 second pick ups with 2 minute recovery pace between each.	5 miles: Relaxed run.	8 miles: Relaxed run.	Rest.	Workout (Track Day): 3KM time trail or 1 mile. 3 minute rest. 2x 800 2 minute rest. 2x 400

Notes:

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles: Slow easy distance day.	5 miles: Relaxed run. 5x 100M strides.	6 miles: Relaxed run. 6x 2 minute pick ups with 2 minute recovery pace between each.	5 miles: Relaxed run.	8 miles: Relaxed run.	Rest.	Workout: 5x 5 min tempo with 1 minute recovery between each.

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Week 7



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles: Slow easy distance day.	6 miles: Relaxed run. 5x 100M strides.	7 miles: Relaxed run. 5x 3 minute pick ups with 3 minute recovery pace between each.	5 miles: Relaxed run.	8 miles: Relaxed run.	Rest.	Workout: 25 minutes continuous tempo.

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Week 8



Sunday

10 miles:  
Slow easy distance day.

Monday

6 miles:  
Relaxed run.  
5x 100M strides.

Tuesday

Track Day:  
8x 400M with 1 lap  
recovery.

Wed.

5 miles:  
Relaxed run.

Thursday

8 miles:  
Relaxed run.

Friday

Rest.

Saturday

Workout:  
25 minutes continuous  
tempo.

Notes:

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Week 9



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
11 miles: Slow easy distance day.	6 miles: Relaxed run. 5x 100M strides.	Track Day: 10x 400M with 1 lap recovery.	5 miles: Relaxed run.	8 miles: Relaxed run.	Rest.	Workout: 25 minutes continuous tempo.

Notes:

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
9 miles: Slow easy distance day.	6 miles: Relaxed run. 5x 100M strides.	Track Day: 1600M 1200M 800M 400M All at 5K pace with 1 400M jog recovery.	5 miles: Relaxed run.	5 miles: Relaxed run.	Rest.	Workout: 1 mile time trial.

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Week 11



Sunday

7 miles:  
Slow easy distance day.

Monday

5 miles:  
Relaxed run.  
5x 100M strides.

Tuesday

Workout:  
6x 400M with 2 minutes  
recovery.

Wed.

4 miles:  
Relaxed run.

Thursday

5 miles:  
Relaxed run.

Friday

Rest.

Saturday

Race day!

Notes:

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